

2009 香港花樣滑冰及短跑道速度滑冰錦標賽

Hong Kong Figure Skating and Short Track Speed Skating Championships

花樣滑冰比賽規程 Announcement

一 競賽日期和地點 **Date & Venue**

- (1) 日期： 二零零九年十月十三至十四日（星期二至三）
Date： October 13 -14, 2009 (Tuesday-Wednesday)
- (2) 地點： 又一城歡天雪地溜冰場
Venue： Festival Walk Glacier

二 主辦及贊助機構 **Organizer & Sponsors**

主辦協會 Organized by: 香港滑冰聯盟有限公司 Hong Kong Skating Union Limited
資助機構 Subvented by: 康樂及文化事務署 Leisure & Cultural Services Department
場地贊助 Venue Sponsored: 太古地產 Swire Properties

三 競賽項目 **Events**

短節目和自由滑 Short Program & Free Skating

- (1) 成年組 Senior
- (2) 青年組 Junior
- (3) 少年組 Novice

四 參賽規定 **Entries of Competitors**

- (1) 香港滑冰聯盟有限公司會員並持有效香港身份證的滑冰愛好者且達到香港滑冰聯盟有限公司花樣滑冰單人滑運動員技術等級測驗三級或以上水平，均可報名參加。
HKSU members with valid HKID card who passed the Level 3 of HKSU Single Figure Skater Levels Test are qualified for the Championships.

- (2) 各組年齡規定 Age Group :

成年組男女子單人滑的運動員必須是 1994 年 7 月 1 日以前出生者。
Senior ladies and men skaters shall be born before July 1, 1994.

青年組男女子單人滑的運動員必須是 1990 年 7 月 1 日或之後及 1996 年 7 月 1 日以前出生者。

Junior ladies and men skaters shall be born on or after July 1, 1990 and before July 1, 1996.

少年組男女子單人滑的運動員必須是 1994 年 7 月 1 日或以後出生者。
Novice girls and boys skaters shall be born on or after July 1, 1994.

五 競賽辦法 Technical Data:

按 2008 國際滑冰聯盟會章及條例和國際滑冰聯盟花樣滑冰特別條例進行比賽。

The competition will be conducted in accordance with the ISU Constitution and General Regulations 2008, the ISU Special Regulations Single & Pair Skating 2008 and all pertinent ISU Communications.

(1) 節目內容 Program Content

單人滑成年與青年組 Single for Senior and Junior :

短節目 Short Program: 所有規定動作遵照 2008 國際滑冰聯盟花樣滑冰規則第 510 條 1-3 段及相關通訊。 The required elements to be skated are listed in ISU Rule 510 paragraphs 1-3 , and the respected ISU Communication.

根據 ISU 規則第 510 條，本次賽事青年組短節目比賽將使用國際滑冰聯盟為 2009/2010 賽季規定的 B 組動作，動作列表如下。 The Junior Short Program shall consist of the following required elements which required by ISU Rule 510 Group B for 2009/2010.:

Group B 2009-2010

Men

- a) Double or triple Axel Paulsen;
- b) One double or triple Flip jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) One jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying sit spin;
- e) Camel spin with only one change of foot;
- f) Spin combination all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Two different step sequences of a different nature (straight line, circular or serpentine).

Ladies

- a) Double Axel Paulsen;
- b) One double or triple Flip jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying sit spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Spiral sequence;
- h) Step sequence (straight line, circular or serpentine).

單人滑成年與青年組 Single for Senior and Junior :

自由滑 Free Skating: 遵照 2008 國際滑冰聯盟花樣滑冰規則 520 條。 In accordance with ISU Rule 520.

系數 Factors: 節目內容系數遵照 2008 國際滑冰聯盟花樣滑冰規則 353.1.m 條 The multiplying factors for the Program components for Single Skating are listed in ISU Rule 353, paragraph 1.m.

單人滑少年組: 按國際滑冰聯盟通訊號 1397 號內容進行

Competition for Novice Single will be conducted in accordance with the ISU Communication 1397.

男子單人滑少年組短節目

The Short Program for Novice Boys shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Camel or sit spin (minimum of six (6) revolutions). Change of foot is optional. No flying entrance.
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
- f) Two step sequences of a different nature with full utilization of the ice surface (straight line, serpentine or circular)

女子單人滑少年組短節目

The Short Program for Novice Girls shall consist of the following elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted
- f) One spiral sequence consisting of at least two (2) spiral positions. Spiral sequence has to be according to the remarks in the ISU Technical Rules Single & Pair Skating 2006. A spiral position in order to be 2 counted must be held for at least

three (3) seconds

- g) One step sequence with full utilization of the ice surface (straight line, circular or serpentine)

男子、女子單人滑少年組自由滑

Free Skating Program Novice Boys and Girls

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 6 jump elements for Girls and maximum of 7 jump elements for Boys one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) or three (3) revolutions can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of ten(10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six(6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. Number of changes of foot in the spin combination is optional.
- c) There must be a maximum of one (1) step sequence or one (1) spiral sequence consisting of at least two (2) spiral positions for both Boys and Girls.
A spiral position in order to be counted must be held for at least 3 seconds.

(2) 節目時間 Duration

a. 單人滑短節目 Single Short Program:

成年與青年組： 2 分 50 秒以內

Senior/Junior： 2 minutes and 50 seconds maximum, but may be less.

少年組： 2 分 30 秒以內

Novice： 2 minutes and 30 seconds maximum, but may be less.

b. 單人滑自由滑 Single Free Skating：

成年組 Senior

男 Men： 4 分 30 秒 ±10 秒 4 minutes 30 seconds ±10 seconds

女 Ladies： 4 分 ±10 秒 4 minutes ±10 seconds

青年組 Junior：

男 Men： 4 分 ±10 秒 4 minutes ±10 seconds

女 Ladies： 3 分 30 秒±10 秒 3 minutes 30 seconds ± 10seconds

少年組 Novice：

男 Boys： 3 分 30 秒 ±10 秒 3 minutes 30 seconds ±10 seconds

女 Girls： 3 分 ±10 秒 3 minutes ±10 seconds

(3) 音樂 Music

報到時請帶同音樂光碟或錄音帶，盒上清楚註明參賽者姓名及音樂時間。短節目及自由滑的光碟或錄音帶需分開。各參賽者亦應自行準備後備音樂光碟或錄音帶。

CDs and cassette may be used. All CDs and cassette should be handed over on registration which should be clearly labeled with competitor's name and exact playing time of the music (not the skating time) in accordance with Rule 343 paragraph 1.

Each program (short/free) must be recorded on one track respectively on a separate CD or cassette. All skaters must prepare the back-up CD or cassette for each program.

六 報名與報到 Entries

(1) 報名者須於 **2009年9月12日(星期五)** 前連同以下文件於辦公時間內親身到香港滑冰聯盟有限公司辦理。All entries should submit the below documents in person at HKSU office on/before Friday, September 12, 2009:

- a. 香港身份證影印本 a copy of HKID
- b. 報名表格 an official entry form
- c. 香港滑冰聯盟有限公司單人滑運動員等級證書影印本 a copy of the certificate of HKSU Single Figure Skater Level Tests.
- d. 報名費 HK\$ 300, 請以劃線支票繳交，抬頭請寫：香港滑冰聯盟有限公司。
The entry fee of HK\$300 is required for all skaters. Please issue a cheque payable to "Hong Kong Skating Union Limited".

(2) 香港滑冰聯盟有限公司將於 **2009年9月19日(星期五)** 前通知報名者是否獲准參賽。未獲批准參賽的運動員的報名費將獲退還。

The skaters will be informed on/before Friday, September 19, 2009 if their entries are accepted and if not, the entry fee will be refunded.

* 香港滑冰聯盟有限公司有權拒絕任何報名者參加比賽，而不需要說明理由。
HKSU reserves its rights to refuse any application without giving any reasons or explanations.

(3) 獲准參賽者須準時出席由香港滑冰聯盟有限公司安排的開幕及抽籤儀式。

Skaters who are qualified to the Championships should attend the open ceremony and draw before the competition at the time and place arranged by HKSU.

七 正式練習時間 Official Practice

組委會將在比賽前一天及比賽當天上午為運動員提供正式練習與合樂時間。

Official practice for skaters will be provided one day before the competition and in the morning time on the date of competition. The detailed schedule will be issued at the time of registration.

八 錄取名次和獎勵 Results and Prize

(1) 所有參賽運動員都將獲頒參賽證書

All skaters will be awarded Participation Certificate.

(2) 獲各組前三名的運動員將獲頒獎牌及獲獎證書。

The top three skaters in each group will be awarded medals and diplomas.

(3) 賽會設最佳表演獎，最佳編排獎與體育精神獎各若干名。由賽會組委會根據各方意見評選。得獎者將獲頒證書。

The winners of Best Presentation、Best Choreography and Best Sports Spirit will be awarded certificate.

九 技術專家組，裁判長與裁判員 **Technical Group, Referee and Judges**

每個項目設二至三名裁判員，一名裁判長和技術專家組，由香港滑冰聯盟有限公司邀請或選派。

Each event will consist of two or three Judges, one Referee and Technical Group who will be invited or appointed by HKSU. .

十 保險 **Liability**

賽事組織委員會不負責參賽者的各項保險，因此所有參賽者必須自行負擔保險責任及費用。It is the sole obligation of each member participating in HKSU Events, to provide medical and accident insurance for themselves. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious.

The HKSU assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the event.

十一 投訴與仲裁 **Complaint and Arbitration**

所有投訴應以書面方式交到賽會組織委員會，每項投訴行政費用為 HK\$500。參賽者及其家屬與教練不得以任何方式干擾裁判員的工作。仲裁的最高機構為賽會的仲裁委員會。

Complaints must be lodged with the Organizing Committee in writing with administration fee HK\$500 attached. Competitors and their families and coaches should not interrupting or manipulating the Panel of Judges in any manners. The superior arbitration organization is the Arbitration Committee of Organizing Committee.

十二 暫定比賽日程 **Tentative Schedule**

日期 Date	事項 Event	地點 Venue
10月11日 11 October 2009	開幕及抽籤 Opening Ceremony & Draw	奧運大樓會議室 Olympic House Meeting Rooms
10月13日 13 October 2009	正式練習 Official Practice 比賽 Competition	又一城歡天雪地溜冰場 Festival Walk Glacier
10月14日 14 October 2009	正式練習 Official Practice 比賽 Competition	

以上日程只供參考，以協會最後公佈為準。 Subject to change.